

SS Quarterly 1 2011: *Jesus Wept: The Bible & Human Emotions*

Lesson 5 – **Guilt**

Legitimate guilt vs Illegitimate guilt [read *Could it be this Simple?* pgs. 90-96 by Tim Jennings, MD]

In summary:

Legitimate guilt—This occurs when we are out of harmony with the Law of Love. The solution is repentance-forgiveness-restoration.

Illegitimate guilt Type I—example: the moody spouse griping about everything and nothing. The other partner assumes the responsibility of the spouse's bad mood & tries to "fix" things. This actually worsens things. There is nothing to repent-forgive-restore. This guilt is resolved by application of the truth. The one spouse did nothing to cause the moodiness in the other spouse.

Illegitimate guilt Type II—guilt from having pursued a course of action, ending in trauma, based on available information that was inadequate or inaccurate. Consider the parent who takes their child to the ER with fever, etc. and is sent home with a diagnosis of a common cold and orders to give them Tylenol & "they'll be fine in a few days". The child actually has viral meningitis, and later dies. The parent blames his/herself for the child's death. This guilt is also resolved by application of the truth. The parent made the correct decision based on the information they had available.

Illegitimate guilt Type III—guilt from not being healed in heart & mind. This sounds a lot like legitimate guilt, and is often confused for it. Ex: An adulterous spouse has an affair, and is appropriately guilty. He/she confesses to God & spouse, experiences forgiveness, and restoration of the relationship, but continues to be plagued with guilt over the affair. The problem here is that the thinking pattern that led to the affair in the first place has not been corrected. The affair was a result of being led astray by powerful feelings of attraction, etc. and even the affair is over the same feelings are present. This guilt is also resolved by application of the truth. Seeing a pattern yet?? When the guilty spouse applies the **truth** regarding using sound judgment to overrule powerful emotions, he/she can experience healing.

Sabbath's Lesson

Memory Text: **"If you, O Lord, kept a record of sins, O Lord, who could stand? But with you there is forgiveness; therefore you are feared."**

Ps. 130:4 [NIV]

1. What does this mean??
2. Does the author really mean "Awed" instead of "feared"?
3. Is this why we should be afraid of God??
4. Is this why *devils* tremble??
5. What is the relationship between the message of this text & our topic – Guilt ?
6. Is guilt a natural consequence of sin, or is it one of God's interventions to keep in check the consequences of sin?

Sunday's Lesson

Gen. 3:8-13

Any insights?

The 2nd paragraph of the lesson states: "Guilt brings about a seemingly automatic response to place the blame on somebody else ..." Is it really guilt that does this or is this a result of sin's effect on the mind?? Is this the same thing??

Farther down in the same paragraph the lesson suggests that blaming others poses a barrier to God's forgiveness. I want to clarify that the guilt process may, indeed, pose a barrier for humans to accept / understand God's forgiveness, but it does NOT pose a barrier to the forgiveness itself. Am I making sense??

Monday's lesson

Gen. 42.

The lesson makes a great point, in the 2nd paragraph, that in order to resolve guilt, "*repentance and forgiveness are required.*" This is spot on. We humans struggle with both forgiveness & [true] repentance. Praise God that He does not struggle with forgiveness AND he is able to transform our hearts / characters so that true repentance is possible.

Tuesday's lesson

Ps. 32

- 1 Blessed is he whose transgression is forgiven,
Whose sin is covered.
- 2 Blessed is the man to whom the LORD does not impute iniquity,
And in whose spirit there is no deceit.
- 3 When I kept silent, my bones grew old
Through my groaning all the day long.
- 4 For day and night Your hand was heavy upon me;
My vitality was turned into the drought of summer. Selah
- 5 I acknowledged my sin to You,
And my iniquity I have not hidden.
I said, "I will confess my transgressions to the LORD,"
And You forgave the iniquity of my sin. Selah

I recently spoke with a physician about Fibromyalgia patients, and he quoted the above passage as a possible source of their discomfort. Any thoughts?? Ladies?? Don't kill the messenger, please.

1 Tim 4: 1,2

Seared consciences. Anyone [other than me] wonder why this simile?? I think this dovetails nicely with the Old Testament metaphor regarding leprosy & sin. Leprosy [Hansen's disease] is a bacterial infection of the peripheral nerves which causes a loss of sensation [pain], and, therefore further tissue damage. Don't we see the same thing in our consciences?? Think back to the first time you saw a murder on TV [many were too young to actually understand what they were seeing]. Did it cause you any discomfort, revulsion, fear?? After seeing many more murders on TV, film, etc does it still have the same effect anymore??

Wednesday's Lesson

Matt. 26:75

Contrast Peter's guilt experience with Judas'.

Thursday's Lesson

Rom: 8:1,2

1 There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit. 2 For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death.

John 3:16,17

16 For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. 17 For God did not send His Son into the world to condemn the world, but that the world through Him might be saved.

John 12:48-50

47 And if anyone hears My words and does not believe,[i] I do not judge him; for I did not come to judge the world but to save the world. 48 He who rejects Me, and does not receive My words, has that which judges him—the word that I have spoken will judge him in the last day. 49 For I have not spoken on My own authority; but the Father who sent Me gave Me a command, what I should say and what I should speak. 50 And I know that His command is everlasting life. Therefore, whatever I speak, just as the Father has told Me, so I speak."

Ps 103:12

12 As far as the east is from the west,

So far has He removed our transgressions from us.

Do you think David knew that there is a North & South Pole?? Why the E – W directions??

Isa. 1:18

18 " Come now, and let us reason together,"

Says the LORD,

" Though your sins are like scarlet,

They shall be as white as snow;

Though they are red like crimson,

They shall be as wool.

The green box at the bottom of Thursday's lesson asks "How can we be sure our sins are forgiven if we don't feel that they are forgiven?" Any thoughts??

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